

Exercise Therapy in Paediatric Oncology

The FORTEe Project

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THE PROJECT

5 ½ years

16 institutions in 8 European countries

6.29 million €



„Get strong to fight childhood cancer“

FORTEe aims:

- Conduct world's largest, randomised and controlled FORTEe clinical trial
- Evaluate the personalised and standardised exercise interventions
- Create high evidence for an innovative, patient-centred exercise treatment
- Use digital, innovative technologies to create effective, age-adapted and personalised exercise trainings
- Pool and connect the leading expertise on a European level
- Promote exercise oncology and stimulate translational research
- Implement paediatric exercise oncology as an evidence-based standard in clinical care for all childhood cancer patients across the EU and beyond

PROGRESS SO FAR



Ethical and regulatory approvals

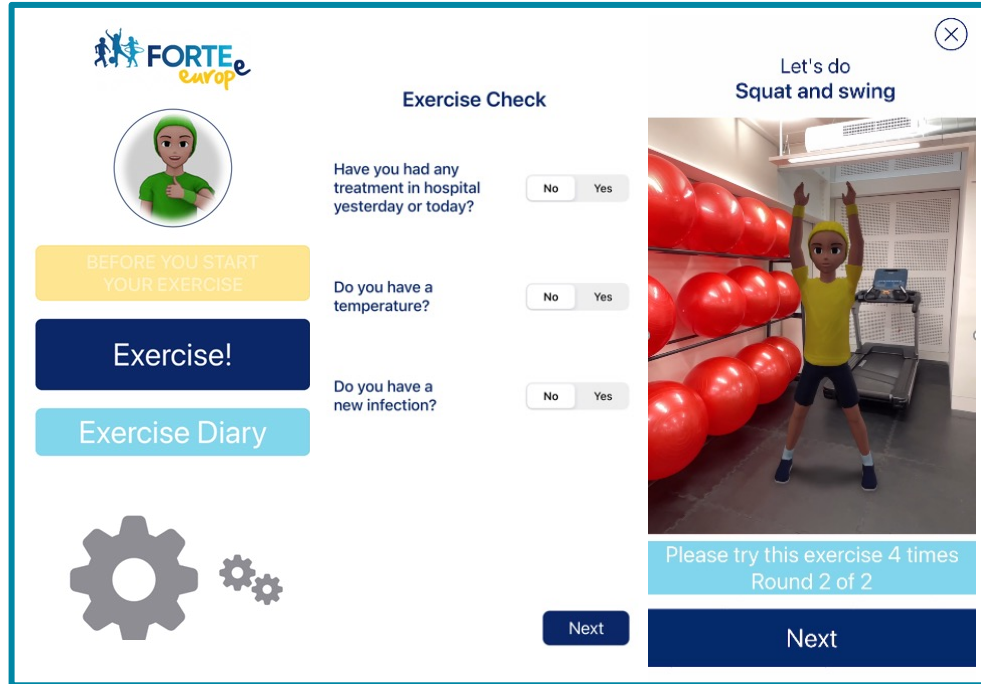


Technology solutions for exercise



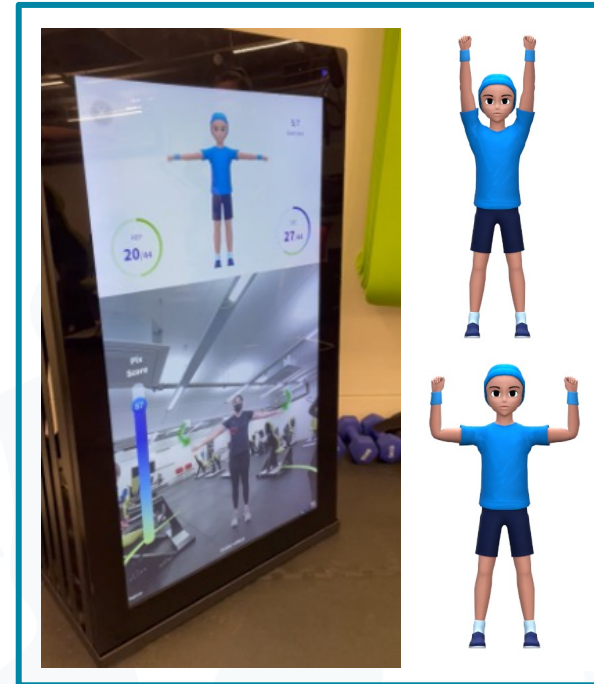
Protocol for testing and adapted exercise

Augmented reality application



The screenshot shows the FORTEe application interface. On the left, there is a profile icon of a person in a green hoodie, a yellow button that says "BEFORE YOU START YOUR EXERCISE", a dark blue button that says "Exercise!", and a light blue button that says "Exercise Diary". Below these is a gear icon. The main content area is titled "Exercise Check" and contains three questions with "No" and "Yes" buttons: "Have you had any treatment in hospital yesterday or today?", "Do you have a temperature?", and "Do you have a new infection?". To the right of the questions is a video of a person in a yellow shirt performing a "Squat and swing" exercise in a gym. Above the video, it says "Let's do Squat and swing". Below the video, a blue box says "Please try this exercise 4 times Round 2 of 2". At the bottom right, there is a dark blue "Next" button.

Pixformance station



The screenshot shows the Pixformance station interface. On the left, a large vertical screen displays a 3D avatar of a person in a blue shirt and dark shorts performing a squat and swing exercise. The screen also shows a timer for "20:11" and "27:11". On the right, there are two 3D avatars of the same person in a blue shirt and dark shorts, one with arms raised and one with arms bent at the elbows.

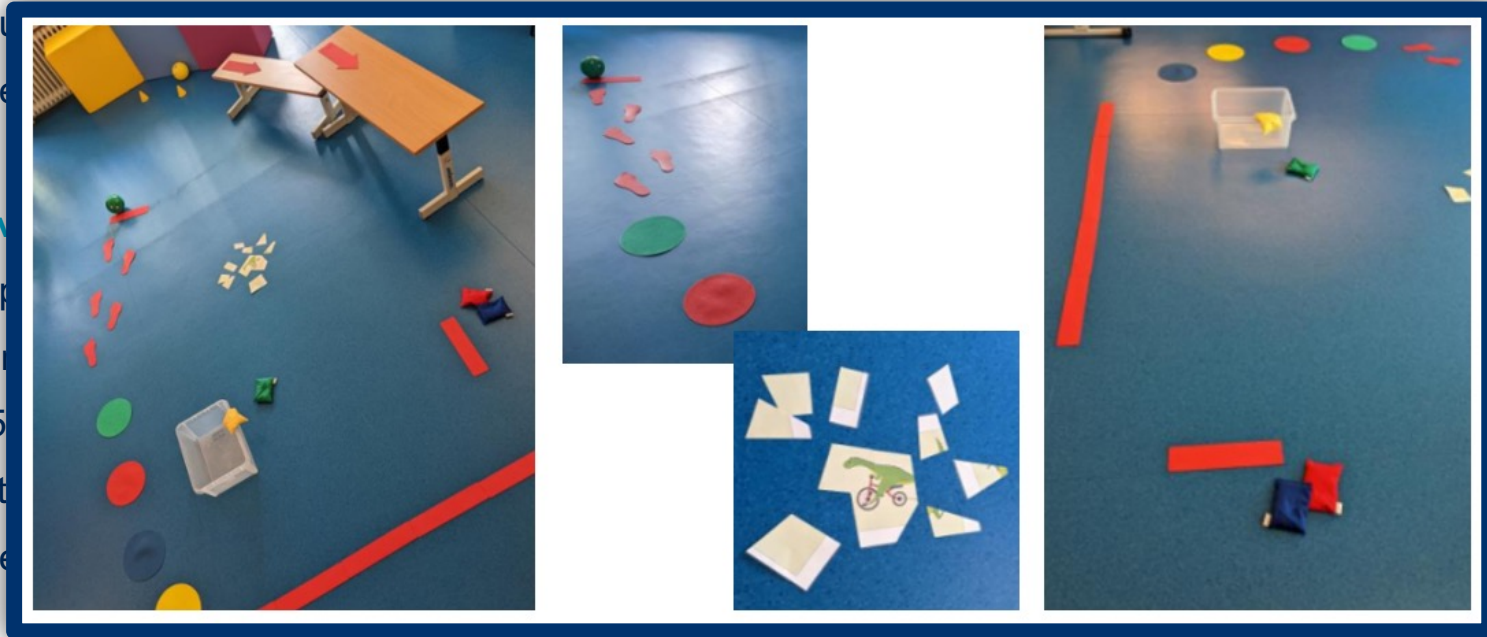
PROTOCOL FOR ADAPTED EXERCISE

Control group:

- Use
- After

Interv

- Sup
- Con
- 3-5
- Wit
- After



t training

HOW DO WE ACHIEVE IMPACT?



Study design focused on practical applications



Patient-centred study implementation



Involvement of psychologists, play therapists, social workers



Collaboration with charities and patient interest groups



Long-term vision for guideline development



Focus on promoting physical activity

<https://fortee-project.eu/>



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